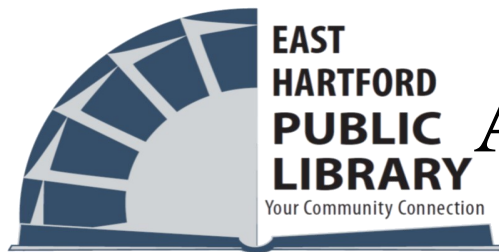


# ADULT PROGRAMS

## MARCH 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>East Hartford Public Library</b> 840 Main Street 860-290-4329 <a href="http://www.easthartfordct.gov/library">www.easthartfordct.gov/library</a>		<b>1</b> <b>Book a Librarian</b> 2:30 - 3:30 pm One-on-one Registration is required.	<b>2</b> <b>Book a Librarian</b> 2:30 - 3:30 pm One-on-one Registration is required. <b>Budgeting for Life</b> 6:30 pm - 8:30 pm Meeting Room 1	<b>3</b> <b>Book a Librarian</b> 2:30 - 3:30 pm One-on-one Registration is required.	<b>4</b> <b>Wickham Topic Time- The White House is Burning</b> 9:30 am - 10:30 am Wickham Library <b>First Friday Films</b> <b>Bridge of Lies</b> 7:00 pm - 9:00 pm Meeting Room 1	
<b>6</b>	<b>7</b> <b>SCORE Small Business Mentoring</b> 9:00 am - 1:00 pm Quiet Study A <b>Book a Librarian</b> 2:30 - 3:30 pm One-on-one Registration is required.	<b>8</b> <b>Book a Librarian</b> 2:30 - 3:30 pm One-on-one Registration is required. <b>TEDxEastHartfordLibrary:</b> <b>Empathy</b> 6:00 - 8:30 pm Meeting Room 1	<b>9</b> <b>Book a Librarian</b> 2:30 - 3:30 pm One-on-one Registration is required.	<b>10</b> <b>Book a Librarian</b> 2:30 - 3:30 pm One-on-one Registration is required.	<b>11</b> <b>Wickham Topic Time- Czech Republic</b> 9:30 am - 10:30 am Wickham Library <b>Book a Librarian</b> 10:00 - 11:00 am One-on-one Registration is required.	<b>12</b>
<b>13</b>	<b>14</b> <b>Intro to Computers: Searching</b> 10:00 - 11:30 am Limit 4 Computer Lab Registration is required.	<b>15</b> <b>Book a Librarian</b> 2:30 - 3:30 pm One-on-one Registration is required. <b>Open Mic Night</b> 6:00 pm - 7:30 pm Creative Commons	<b>16</b> <b>SNAP Assistance</b> 12:00 pm - 2:00 pm Children's Program Room <b>Microsoft Word: Basics</b> 2:30 - 4:00 pm Limit 4 Meeting Room 2A Registration is required.	<b>17</b> <b>Intermediate Searching</b> 3:00 - 4:00 pm Limit 8 Meeting Room 2A Registration is required	<b>18</b> <b>Wickham Topic Time- Idaho</b> 9:30 am - 10:30 am Wickham Library <b>Book a Librarian</b> 10:00 - 11:00 am One-on-one Registration is required.	<b>19</b>
<b>20</b>	<b>21</b> <b>Intro to Computers: Email (Gmail)</b> 10:00 - 11:30 am Limit 4 Computer Lab Registration is required. <b>Cookbook Club</b> 2:30 - 3:30 pm Meeting Room 1	<b>22</b> <b>Book a Librarian</b> 2:30 - 3:30 pm One-on-one Registration is required. <b>Ice Harvesting History in East Hartford</b> 6:30 - 7:30 pm Meeting Room 1	<b>23</b> <b>Book a Librarian</b> 2:30 - 3:30 pm One-on-one Registration is required. <b>Long Term Care</b> 6:30 - 8:00 pm Meeting Room 1	<b>24</b> <b>Book a Librarian</b> 2:30 - 3:30 pm One-on-one Registration is required.	<b>25</b> <b>LIBRARY CLOSED FOR GOOD FRIDAY</b>	<b>26</b> <b>Former WWE Champion Bob Backlund: Author Talk and Book Signing</b> 2:00 - 4:00 pm Meeting Room 1
<b>27</b>	<b>28</b> <b>Intro to Computers: Questions</b> 10:00 - 11:30 am Limit 4 Computer Lab Registration is required.	<b>29</b> <b>Book a Librarian</b> 2:30 - 3:30 pm One-on-one Registration is required.	<b>30</b> <b>Caring for the Caregiver</b> 10:30 am - 12:00 pm Meeting Room 1 <b>Book a Librarian</b> 2:30 - 3:30 pm One-on-one Registration is required.	<b>31</b> <b>Book a Librarian</b> 2:30 - 3:30 pm One-on-one Registration is required.	<b>Library Hours:</b> Mon - Thurs: 9 am - 8 pm Fri & Sat: 9 am - 5 pm <b>Wickham Branch Hours:</b> Mon- Fri: 9 am - 1 pm	



# ADULT PROGRAMS

## MARCH 2016

### TECHNOLOGY COURSES

See our calendar for dates and times

#### BOOK A LIBRARIAN

Get one-on-one help with computers, ebook readers, tablets, smartphones, and library databases by appointment.

We will offer one-hour sessions on:

- Basic computer skills: using the mouse, basic terminology, navigating the desktop environment.
- Overdrive: downloading ebooks and audiobooks
- Freegal: downloading free music
- Flipster: free online magazines
- Databases: JobNow!, EBSCOhost, ResearchItCT.org, Learning Express, Chilton Automotive Repair Manuals Online
- Android tablets

#### INTRODUCTION TO COMPUTERS

A low-stress class for those who have little or no experience with computers. The course is divided into three sessions. Students may sign up for one, two, or all three modules, depending on their needs and interests. This course is meant for absolute beginners: if you use email and know how to browse the Internet, this course will be too basic for you. Some familiarity with using a computer mouse is required. If you need to learn mouse skills, stop in any time and staff will assist you with practice using a mouse.

#### MICROSOFT WORD – BASICS

An introduction to one of the most popular word processing programs. Learn how to create, edit and save documents; how to format and print; along with other tips and hints. Prerequisite: PC literacy or familiarity with the mouse and the keyboard and some basic computer navigation.

#### INTERMEDIATE SEARCHING

Want to take your searching to the next level? Come join us as we learn some tricks and tips on how to move your search skills from 0 mph to 120 mph in six seconds or less!

#### Wickham Topic Time

**Fridays 9:30 - 10:30 am**

Join us as we discuss a different topic each week!  
Call 860-528-4664 for more information.

**March 4-** The White House is Burning

**March 11-** Czech Republic

**March 18-** Idaho

**March 25-** Closed- Good Friday



Join us on the second Tuesday of each month to watch and discuss a variety of TED talks.

**March 8, 2016 at 6:30 pm**

**Topic - Empathy**

Tonight we will watch 'Why Aren't We More Compassionate?' a talk by Daniel Goleman, author of *Emotional Intelligence*. He asks us to consider why we aren't more compassionate more of the time. We will also watch 'A Radical Experiment in Empathy,' by sociologist Sam Richards, founder of the World in Conversation project.



A representative will be at the East Hartford Public Library on **Wednesday March 16th at 12:00pm** to assist with SNAP applications - Meeting

in the Children's Room.

To find out if you qualify, please bring proof of your income, identity, date of birth, address and assets. To receive full benefits, please also bring proof of housing cost, utilities, child support, dependent care and medical expenses (if anyone in your house is 60+ and/or disabled).

For questions, call InterCommunity at 860-569-5900.

## FREE WORKSHOPS AT THE LIBRARY

Registration for these workshops is strongly suggested as seating is limited. Sign up through our online calendar or call the library at 860-290-4331. Please enter the library through the lower entrance off the parking lot for this event.

### BUDGETING FOR LIFE-

#### HOW TO CREATE AND MAINTAIN A SPENDING PLAN

**Wednesday March 2, 2016 from 6:30 - 8:30 pm**

The Connecticut Money School (CMS) provides a way for low-to-moderate income Connecticut residents to achieve financial empowerment through education, goal setting, and individual support. CMS provides free financial education and one-to-one financial coaching for individuals, families, youth and seniors in Connecticut.

In this workshop dedicated to budgeting, you will learn how to list the steps for setting financial goals, prepare a spending plan to estimate monthly income and expenses, and identify ways to decrease spending and increase income.

### LONG TERM CARE

**Wednesday March 23, 2016 from 6:30 - 8:00 pm**

You've thought of everything - except for how to protect these assets should you need long-term care. It's a fact: Just one year in a Connecticut nursing home can cost more than \$146,000. Medicare and health insurance may only cover a fraction of these costs. There's a way to protect your life's savings. If you're 40 or older, long-term care insurance should be part of your retirement plan. Raymond Library, in collaboration with the CT Partnership for Long Term Care from the State Office of Policy and Management, will be sponsoring a free seminar on the very important topic of long term care with the special guest speaker, Aldo Pantano, a representative from the State Office of Policy and Management.

### CARING FOR THE CAREGIVER- HOW TO PREPARE FOR AND MANAGE YOUR ROLE AS CAREGIVER

**Wednesday March 30, 2016 from 10:30 am - 12:00 pm**

Becoming a caregiver for a family member or loved one can be overwhelming. There are so many questions to answers, connections to make, and services to coordinate. It is easy to become stressed and even experience burnout. Seasoned consumer health librarian, Wendy Urciuoli, will explain how you can use the internet to educate yourself about your loved one's condition, identify resources in your community, answer legal and financial questions, and even find a sympathetic shoulder to cry on. You will learn tips and techniques for finding needed information, time-saving services, and ways to connect with others in your situation.

## OPEN MIC @ RAYMOND LIBRARY



### WHEN

**Tuesday, March 15  
6:00 - 7:30pm**

### WHERE

**2nd Floor Creative Commons  
Raymond Library  
840 Main Street, East Hartford, CT**

Experience the library's **NEW CREATIVE WORKSPACE**.  
Share your **ART** and connect with **LOCAL ARTISTS**.

Sign ups begin at 5:30.  
Call 860-290-4329 for more info.

## RAYMOND LIBRARY COOKBOOK CLUB

Meeting once a month on Mondays 2:30 pm - 3:30 pm

March 21, 2016 / April 18, 2016 / May 16, 2016

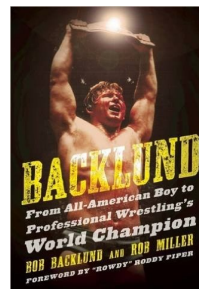
Space is limited, sign up today!

- Meet area restaurant owners & cooks
- Learn how to eat and make healthy meals & snacks
- See different cookbooks and recipes that are available
- Learn about cooking and foods from different regions

## Former WWE Champion Bob Backlund:

### Author Talk and Book Signing

**Saturday March 26th from 2 - 4 pm**



Bob Backlund, former WWWF/WWF Champion (now WWE) will be holding a talk and book signing for his book *Backlund: From All American Boy to Professional Wrestling's World Champion*.

Backlund, the second longest reigning WWE Champion in History, was CT's Spokesman for Physical Fitness in 2000. Backlund will discuss his career in wrestling as

well as share his personal philosophy on the importance of making a commitment to being both physically and mentally fit for a lifetime. A question and answer period will follow the talk.

Copies of the book will be available for sale and signing.

SCORE has been mentoring new and existing businesses for more than 50 years and has a network of volunteers who donate their time to help bring real-world experience to entrepreneurs. SCORE mentors deliver valuable, timely, and practical advice. Whether you are a start-up or an existing business, our mentors will help you and your business open new markets, reach new customers, and achieve new goals.

Free and confidential mentoring appointments are available on the first Monday of every month, hourly from 9:00 a.m. - 1:00 p.m. Please call the library's Reference Desk at 860-290-4331 to schedule an appointment.



**Greater Hartford**